APOLLO PLUS

RECREATIONAL FLUID ROWER

Sophisticated design, peak performance

The Apollo Plus indoor water rower is a stylish home gym favourite. Constructed from American Ash in a light woodgrain finish, this rower offers the strength and durability of a steel frame and the assurance of a double sealed, precision aligned tank.

A beautiful piece of fitness furniture, users are impressed with the versatility to focus on cardio fitness or strength with an extensive range of water rowing resistance. Adaptable to suit amateurs right through to professionals, the Apollo Plus is also popular with rehabilitation and de-conditioned users with add on options for additional lumbar support or heightened entry and exit.

Unparalleled Fluid Force

The Apollo Plus offers undeviating resistance throughout the entire rowing stroke with 4 x levels of Fluid Force. Manually select and adjust rowing resistance with an audible, tactile selector dial to find a training challenge to suit any workout goal. FDF's patented twin tank technology emulates the site, sound, and feel of on-water rowing – for an unrivaled sensory experience.

This sleek looking rower is packed full of design features to start you off with a winning rowing technique and will motivate you to excel in your training regime.

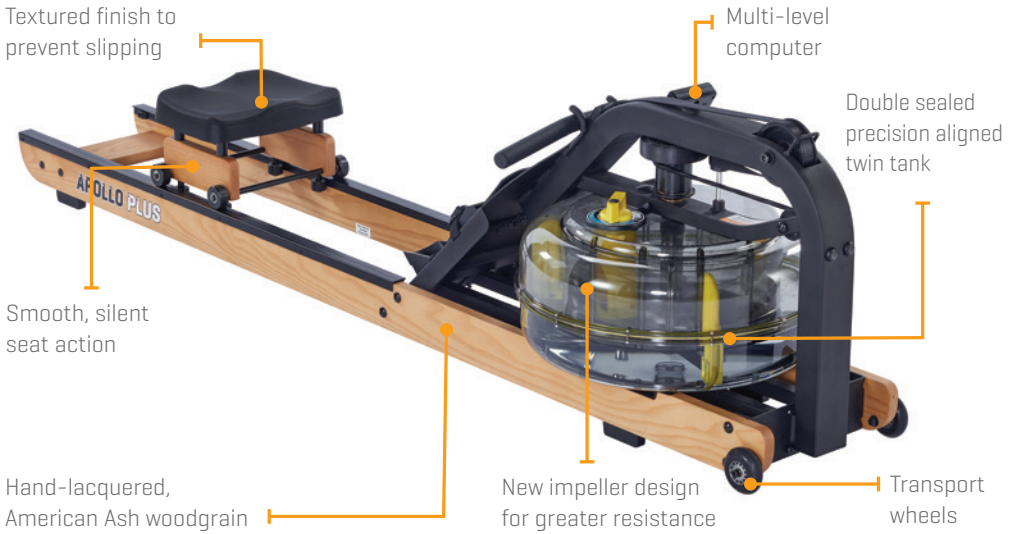


4x FLUID FORCE

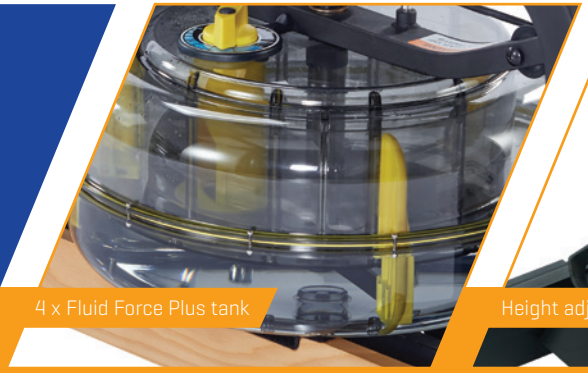
BROWSE THE RANGE FIRSTDEGREEFITNESS.COM

PRODUCT HIGHLIGHTS APOLLO PLUS

- 4 x Fluid Force with audible and tactile, resistance selector dial
- Ergonomic handle for optimal grip and comfortable wrist action
- Secure adjustable heel captures
- Multi-level computer with USB connectivity
- Compatible with FDF Elevate Kit for convenient on-off rower access
- Compatible with FDF Seat Back Kit for correct posture and optimal back support
- Compact footprint and vertical storage option – 2130 x 520mm (83.86 x 20.47"), or upright 540 x 560mm (21.65 x 22.05")
- Max user weight – 150kg (330lbs)
- 5 year warranty guarantee



WATER ROWING AT ITS FINEST.


4 x Fluid Force Plus tank


Height adjustable footplates


Audible and tactile resistance selector


Optional Seat Back Kit

ABOUT FIRST DEGREE FITNESS

Fitness products made by FDF are inspired by real life. From rowing a boat on water to running or cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

FDF Fluid Force, a unique water resistance technology, underpins our diverse range of full body fitness solutions. With Fluid Force you can row harder, train smarter and build strength faster.

Distributed in every continent across the globe, our FluidRower, FluidPowerZone and ergometer ranges are loved by athletes, sports trainers, medical professionals and health conscious individuals. We're passionate about our brand and we stand behind the craftsmanship of every fitness machine we make.

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